



Emergency Go Bag...

Preparing today for “tomorrow’s” emergency.

During an emergency you may need to leave your home **SUDDENLY**. Each person in your home should be prepared with a portable Emergency Go Bag that includes items that you’ll need while you are away from your home. Keep the Emergency Go Bag in a place that it’s easy to “grab and go”.

Place a check (√) next to the following items as you add them to your **Emergency Go Bag**:

- Bottled water and nonperishable food (e.g. granola bars, trail mix) – at least a 1-day supply
- Prescription Medication:** *What medicine will you need within the first 24 hours to 7 days?*
 - Keep a 7-day supply, in the original bottle** (it includes: patient name, medication name, dose, date filled, pharmacy name & phone number, and medical provider who ordered it).
 - Keep a paper copy of your medication list.** Include: Medication name, dosage, how often it’s taken, why it’s taken, pharmacy name & phone number.
- Battery-operated AM/FM radio and extra batteries
- Blanket (e.g. emergency mylar blanket)
- Cash, especially some coins, \$1 and \$5 bills (Recommendation: keep at least \$50-\$100 on hand)
- Clothing: Rain gear, extra change of clothing and socks. Sturdy shoes or boots. Include warm clothing, as needed
- Credit and debit cards
- Extra pair of glasses and/or hearing aid & batteries
- Extra set of car and house keys
- Extra cell phone charger or power bank
- **Family Emergency Plan including:
 - Emergency contact names and phone numbers
 - Neighborhood and regional meeting place and phone number
- First aid kit (including bandages, hand sanitizer, gloves, ointment, pain reliever, ice pack)
- Flashlight
 - Note: Traditional flashlight bulbs have limited lifespans. Light Emitting Diode (LED) flashlights, however, are more durable and last up to 10 times longer than traditional bulbs.
- Multi-purpose tool
- Paper, pens and pencils for writing notes and leaving messages
- Personal hygiene items (e.g. wipes, deodorant, toothbrush, toothpaste, toilet paper, contact lens supplies, feminine hygiene products)
- Recent photo(s) of all family members, including service animals and pets
- Regional map
- Whistle
- Important Documents** kept in a waterproof bag or folder.
 - Include copies of** photo identification, passports, and home, auto & health insurance cards.
 - Phone and account numbers for:** bank account(s), credit card(s), electric, phone & cable.

Additional Tips:

- ✓ Keep an **Emergency Go Bag** for each member of the household. Individualize each person's bag to include any special needs or items they need.
- ✓ Keep the **Emergency Go Bag** in a portable, sturdy bag that is easy to carry (e.g. backpack, pillowcase, reusable grocery bag)
- ✓ Keep the **Emergency Go Bag** in a place where it's easy to get to (e.g. in a closet, under a bed).
- ✓ Update the **Emergency Go Bag** every 6 months. Replace items that will expire in the upcoming months such as prescription medication(s) and food.

Special Considerations:

Each **Emergency Go Bag** should also contain the items that are needed every day to meet that individual's needs. Planning for special needs includes, but isn't limited to, the following:

Special considerations:	Emergency Go Bag:	To learn more, go to:
✓ Individuals with access and functional needs	E.g. cane, walker, extra oxygen, extra wheelchair batteries or manual wheelchair, headphones to decrease noise distractions	www.ready.gov/individuals-access-functional-needs
✓ Infants and toddlers	E.g. Formula, diapers, baby wipes	www.cdc.gov/childrenindisasters/checklists/kids-and-families.html
✓ Pets and service animals	E.g. Water, food, leashes, collar with ID tag, crate/carrier, and copy of updated medical and vaccination records.	www.ready.gov/caring-animals



REMEMBER:

Emergencies and disasters can happen to you and your family with little or NO warning, and you may only have a few minutes to leave safely (such as a fire or explosion). When minutes count, it's important that your **Emergency Go Bag** is ready for you to “grab & go” quickly.

The **Pennsylvania Emergency Preparedness Guide** is an excellent resource for all Pennsylvania residents. To download a copy, visit: www.ready.pa.gov/BeInformed/EmergencyPreparednessGuide

- ****For help completing your Family Emergency Plan, see p. 22 in the *Pennsylvania Emergency Preparedness Guide*.**

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For Additional information, please visit: allentownpa.gov/ema